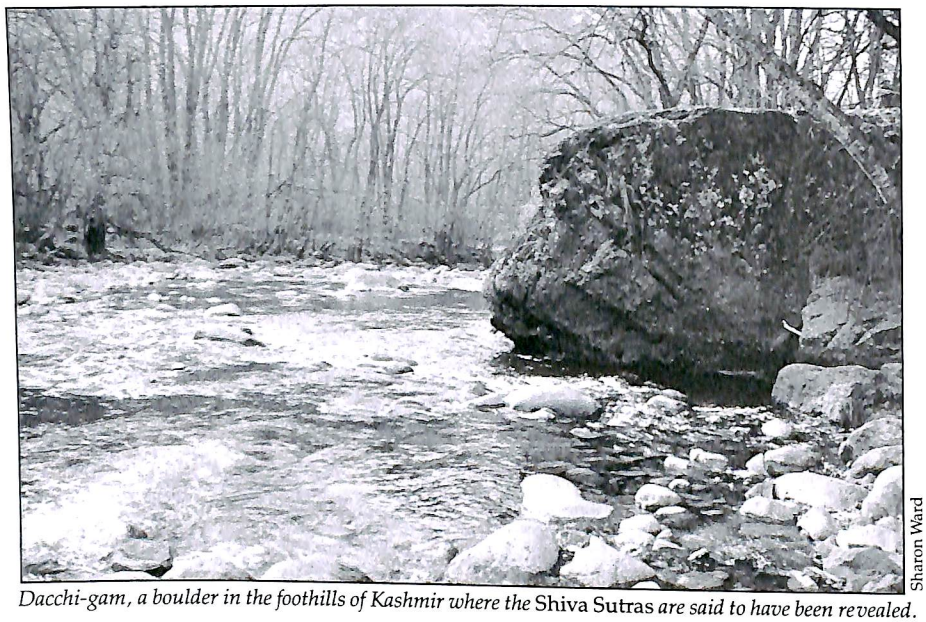
INSTITUTE NEWS

SUMMER 1989 VOL. 6:2

A NEWSLETTER
FOR THE FRIENDS
OF THE
NITYANANDA INSTITUTE



Sharon Ward

Dacchi-gam, a boulder in the foothills of Kashmir where the Shiva Sutras *are said to have been revealed.*

THE NITYANANDA INSTITUTE TRANSLATIONS PROJECT: AN UPDATE ON EXCITING PROGRAM DEVELOPMENTS

by Sharon Ward

What exactly *is* the Translations Project? In twenty-five words or less, it is an endeavor that the Nityananda Institute has undertaken to teach, translate, and publish foundational Sanskrit texts on Kashmir Shaivism never before published in English. The goal of this project is to bring to Westerners the vibrant and sagacious understanding of Kashmir Shaivite philosophers. We find that the Shaivites' deep experience and penetrating philosophical thought help make a spiritual life more accessible and practical.

VISITING SCHOLARS COMING IN AUGUST

We have many individual projects on the drawing board. One exciting aspect of the undertaking is to have scholars of Kashmir Shaivism visit the United States for extended periods to teach and translate. We have presented several guest lecturers over the past two years, and beginning in August, Dr. Navjivan Rastogi will come to Cambridge for three months to teach and translate.

Dr. Rastogi is a professor at the Abhinavagupta Institute of Aesthetics and Shaiva Philosophy at the University of Lucknow in India. He has written several books on Kashmir Shaivism, including *Krama Tantricism of Kashmir* and *Introduction to the Tantraloka*. Dr. Rastogi is highly respected and well liked by scholars as well as practitioners (a relatively rare phenomenon). He will be accompanied by his wife, Sudya, herself a distinguished Sanskrit professor. They will be in Cambridge from August 20 through the end of October.

In addition to Dr. Rastogi, Dr. Sunthar Visuvalingam, a Sanskrit scholar from Benares Hindu University, will be coming to work for the Institute for two years beginning in August. A Malaysian national of Indian descent, Dr. Visuvalingam holds several advanced degrees from Benares Hindu University in Varanasi. His first task for the Translations Project will be to edit three volumes of papers on the life and work of Abhinavagupta, submitted by scholars from all over the world. Abhinavagupta, a tenth century Indian philosopher of aesthetics and drama as well as metaphysics, occupies a place in India similar to Aristotle's in Western philosophy.

Dr. Visuvalingam's other projects will include editing some volumes on "transgressive sacrality" (his area of special study) and coordinating the translation and publication of foundational texts of Kashmir Shaivism.

PROJECTS IN EDITING AND TRANSLATION

Also in progress are two books by Dr. B.N. Pandit of Jammu. Dr. Pandit has already published books entitled *Aspects of Kashmir Shaivism* and *The History of Kashmir Shaivism*. Institute Friend Joan Woodcock is editing the two new manuscripts. We hope to have them ready for publication by the end of this year.

Other translations in the works include the *Tantrasara* (a summary of Abhinavagupta's greatest work, the *Tantraloka*) the *Shivadrishti* and the *Malinivijaya Tantra*. These foundational texts are at various stages of completion.

To round off our effort, we have engaged several Indian scholars to come to the Institute to deliver lectures throughout the fall and winter. We are also contacting some of the finest American and European scholars of Kashmir Shaivite philosophy who we hope will be interested in working with us.

If you would like more information about these exciting developments in the Translations Project, please feel free to write, or call me at (617) 497-6263. I'd be happy to tell you more about it.

SMART: EXTENDING WELL-BEING TO THE BUSINESS ARENA

by Per Johansen

In today's competitive business environment, employees are often challenged to expand and improve their performance. They are required to learn new skills in order to contribute effectively to the company's competitive effort. Job flexibility, role changes, and new behaviors are demanded at every level. On top of that, the spectre of layoffs hangs heavy over the heads of many people.

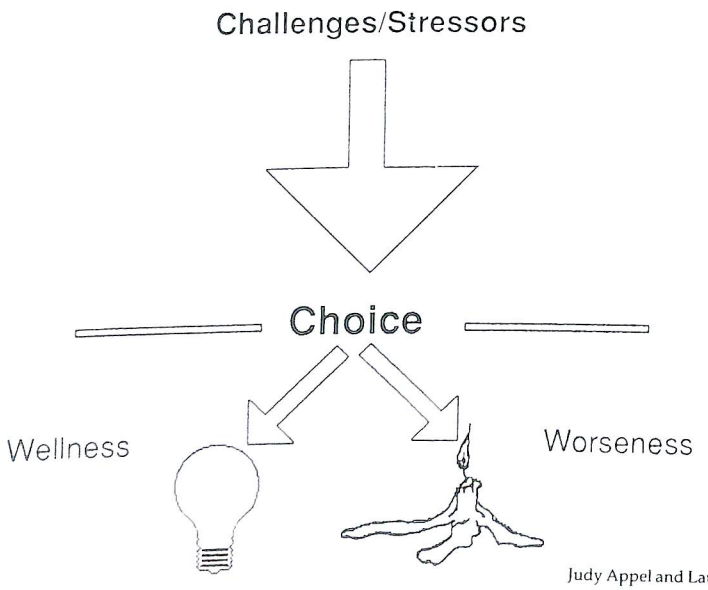
This environment of insecurity and constant pressure to improve and change tends to cause stress in many employees. For the individual, this stress may result in physical disease, emotional suffering, and low creative energy. The company as a whole may be burdened by absenteeism, work restrictions, high turnovers, and escalating health insurance costs. Stress, in short, hurts a company's competitive position.

DEVELOPING A STRESS MANAGEMENT PROGRAM

Stress management and relaxation training can significantly help reduce the ill effects of stress on individuals and the companies they work in. To contribute positively in that direction, a small "task team" of Institute members has developed a training program for the corporate environment. We call it SMART: Stress Management And Relaxation Training. After a pilot seminar for professionals at the Institute, we are continuing to refine our presentation materials as well as a business plan to promote this exciting new program.

The next major step in launching SMART was a breakfast seminar at Coopers & Lybrand's Manufacturing Technology Center in Burlington in early June. The seminar introduced the program to an audience of human resources and personnel managers, as well as selected upper-level manufacturing managers from throughout New England. We hope the seminar and other marketing efforts (such as a joint venture with Coopers & Lybrand) will lead to opportunities to deliver the program to companies that need this valuable service.

The SMART program focuses on helping people understand that stress is a natural part of life but that there are a number of techniques they can use to cope with competing demands on their personal resources. Obviously, these techniques are inspired by some aspects of the meditation practice taught at the Institute. SMART, however, is completely secular — a set of methods that anyone, regardless of their spiritual orientation, can use to promote their physical, mental, and emotional well-being.



Judy Appel and Laura Santi

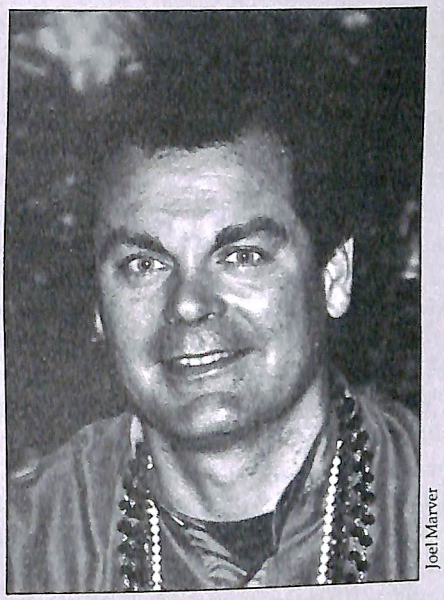
UNDERSTANDING AND DEALING WITH STRESS

The SMART program helps people identify their "stress signature" — the specific signs of strain in their own physical, mental, and emotional state and behavior. Most importantly, the program teaches people to distinguish between negative and positive ways of coping. Smoking and temper tantrums are examples of negative copers. Exercise and "reframing" (seeing a situation in a more positive light) are examples of positive copers. The program also introduces other positive techniques such as assertiveness (positive interpersonal skills), a balanced approach to nutrition, and, of course, relaxation — a simple form of meditation that allows people to better connect with their own inner creative resource. These techniques are presented in an interactive manner so participants can discover their own individual action plans for improvement.

Stress management and relaxation represent an opportunity to extend some fundamental, universal aspects of our practice to a much broader audience. There is a great need for this understanding in the corporate world, and a number of people at the Institute are well qualified to deliver this valuable service. We are excited about it and hope to see it develop as a creative avenue for our own further growth.

Every spiritual text that has ever been written — from any tradition — came out of the insight of some practicing person who had a genuine devotion to his or her own realization. The point of these texts is to guide you in your inquiry and your observation so that you don't become misdirected by the powerful energies that will be awakened within you as you pursue your own realization.

Swami Chetanananda



Joel Marver

THE MAKING OF AN AUDIOTAPE PACKAGE — *MEDITATION: AN INVITATION TO INNER GROWTH*

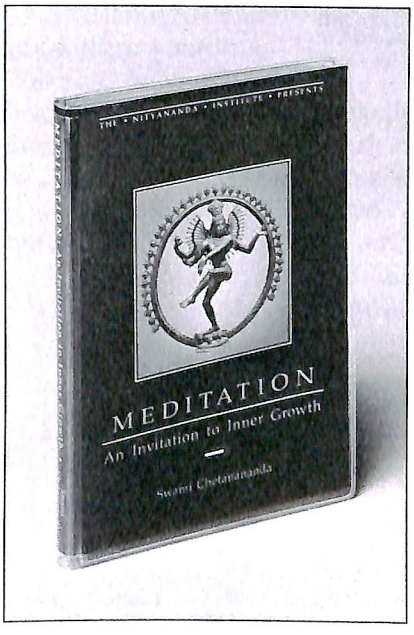
by Aurelia Navarro

On May 13, Swami Chetanananda's guided meditation audiotape package was released for sale. Here's a look behind the scenes at how such a package is put together.

The project began over a year ago when Lynette Ward and Nanette Redmond created a "test tape" of a guided meditation and a talk that Swamiji had given at a retreat program. Swamiji liked the concept and decided to record an all-new guided meditation program. And we were off!

The next step was learning. First Lynette, and later Duncan Soule and I, undertook an intensive look at audio technology and equipment. We learned that there are three steps to the production of a sound recording:

1. Recording the program: Includes deciding the *location* (studio or on-site), the *medium* (half-track, quarter-track, or four-track), whether to use a *noise reduction system* and which one, and the *elements* (background music, such as the roomful of musicians and chanters we brought in to record "Om Namah Shivaya"; lead-ins; introduction, etc.).



2. Editing the program: This means *physically cutting* the tape to remove extraneous noises or correct mis-speaks.
3. Mixing down the program: Re-recording all the elements onto a master reel in order and at the proper sound levels.

Whew! But wait, there are a few more things! Next are the *production* steps, some of which are concurrent with the recording steps:

1. Writing and editing the written material to accompany the product as well as the cover and label copy.
2. Choosing the packaging and getting price estimates.
3. Designing the cover and insert.
4. Print production (typesetting, proofing, pasteup, and printing).
5. Audiotape duplication and package assembly.

Finally, the finished product is delivered to Rudra Press and to you — a beautiful package that lets you sit with Swamiji anytime, anywhere. And what could be better than that?

To order copies of *Meditation: An Invitation to Inner Growth*, contact Rudra Press at (617) 576-3394.

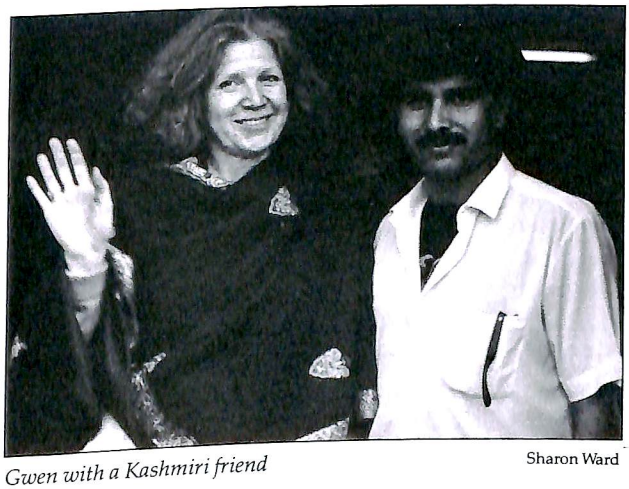
WORK IN INDIA

by Gwen Galsworth

I have been asked to say a few words about the work I've been doing in India and why it is so important to me. As some of you know, I work for Productivity, Inc.; one of its specialties is training and implementing Japanese-based improvement technologies and strategies, primarily for manufacturing companies. About a year ago, the opportunity presented itself for me to do some of this work in India. Since then I have been traveling to India — Bombay, Madras, Bangalore — about every six months to assist certain Indian companies achieve world class manufacturing.

Productivity, Inc. is owned by Norman Bodek, a long-time student of Swami Chetanananda and a recognized expert in the field of productivity and quality improvement. Norman is generously donating a significant part of the revenues generated from these Indian programs to the Institute's Translations Project.

The work I am doing is helping two of India's premier companies, both leaders in their fields. To fully compete in the international marketplace, they recognize a need to implement a process of continuous systematic improvement throughout their organizations. The cornerstone of our assistance to them is a methodology called CEDAC (Cause and Effect Diagram with the Addition of Cards). An extraordinary thing about CEDAC is the balance it facilitates between reducing costs and eliminating waste and the creative involvement of all employees, from top to bottom and up again.



Gwen with a Kashmiri friend Sharon Ward

For me this is a metaphor for our spiritual practice. While we stay completely in touch with the workaday world, with all of its problems and challenges, we focus on and promote the essential energy that is at the core of each of us. We harness that energy — or more rightly, we tune into it — and we develop creative solutions to the most difficult of problems.

So when people ask why I am willing to go to the bother of packing up and trekking off to India twice a year, why I put up with the discomfort of a relentless sun, the risk of dysentery, and the long periods away from home and my beloved Institute, I say it's no sacrifice at all. Because it's a joy. It's fascinating. And it's satisfying. The work I am doing there and the generosity of Norman Bodek will help the Translations Project and our efforts to make ancient Kashmir Shaivite texts accessible to the English-reading world, including India. It's very gratifying to be able to play a part in bringing this great idea into reality.

THANK YOU, 1989 DONORS!

The Nityananda Institute gratefully thanks the following people for their 1989 gifts and pledges to FRIENDS of the Institute for our Core Program and Capital Building Fund:

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Kerry Kaplan, 1989 Campaign Chairman, Thomas Fabrizio, Gwendolyn Galsworth, Per Johansen, Karen Jones, Debra Moore, Lynette Ward, Sharon Ward

STAR DONOR: PER JOHANSEN

by Camilla England

It's been twenty years since Per Johansen met Rudi — and it was definitely not an accidental meeting! Per had been searching for some time, without a clear idea of what he was looking for, trying all the typical avenues. When his army term ended, he was stationed in France and requested to be discharged there, thinking he would continue his search in Europe. Fortunately for him, the army refused to discharge him anywhere other than where he had enlisted and shipped him back to New York. There, a string of lucky "coincidences" led him to Rudi.

Per's dedication to his practice and the ashram community has been unwavering from the start. Since he first met Rudi, he has not missed a day of meditation. And he serves the Institute in a wide variety of ways. Most recently, he was instrumental in developing the SMART program (see page 2) the Institute is offering in conjunction with his employer, Coopers & Lybrand.

SMART is an extension of the Institute's stress management module of the enrichment program, which Per also helped develop. The trainers will help corporate clients identify their needs and adapt the program to those needs — an interactive style of consulting Per has excelled at since moving to Cambridge in 1983.

Per's leadership ability was drawn out in 1980 when Swamiji asked him to begin a meditation center in Knoxville, where he had accepted a university teaching position. The yoga students who studied with him remember him



as an untiring teacher who never skimped on programs. There were nightly meditation class and talks — even when only person could make it. Per challenged his students to articulate what was most important for them, helping them discover their own wish to grow. His open commitment inspires others in their practice.

Institute members and other people seek out Per for projects because of his enthusiasm and sense of humor — and his ability to lighten up any situation without being frivolous or disrespectful. He tries to promote the highest interest in any situation and works hard to express his love for God in his activities. He is always there for service weekends and helps with dinner clean-up at the Institute every week despite a heavy travel schedule.

Per lives with his wife Robin and two Norwegian forest cats. He likes to relax with a good sushi dinner (a taste he acquired as Japan Study Missions leader for Productivity, Inc.) and a basketball or hockey game on TV. We hope he gets a little more time for relaxation — he deserves it! Thank you very much for your dedicated service, Per.

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(over please)

CALENDAR OF EVENTS

July 1989

Hatha yoga session begins (including "Hatha and Meditation" course)
- July 10 – September 1

Gurupurnima celebration
- July 18

Weekend retreat in Cambridge
- July 22-23

Institute Fundraiser:
White Mountain Hike
- July 29-30

Summer retreat program continues

August 1989

Institute Fundraiser:
Sailing Trip
- August 11-13

Dr. Rastogi and Dr. Visuvalingam arrive

Summer retreat program continues

September 1989

Institute Fundraiser:
Maine Biking Tour
- September 9-10

Hatha yoga session begins (including "Hatha and Meditation" course)
- September 11 – November 4

Meditation Enrichment Series
Mid-September – November

Summer retreat program continues

October 1989

Institute Fundraisers:
Vermont Weekend Hike; Fall Tour of Arnold Arboretum; Halloween Party
- Dates to be announced

Hatha yoga intensive programs
- Dates to be announced

November 1989

Weekend retreat
- November 25-26

Please contact the Cambridge office at (617) 497-6263 for more information about these events.

CENTERS PROGRAMS

Cambridge, MA

The Nityananda Institute offers daily programs in meditation and kundalini yoga practice, a Sunday morning public program, and morning and evening hatha yoga classes. We also offer weekend retreats — day-and-a-half programs with Swami Chetanananda that provide an in-depth experience of meditation and kundalini yoga. The Meditation Enrichment Series presents expanded information about key issues in spiritual practice. The visiting scholar program periodically hosts expert speakers on spiritual and cultural subjects. For scheduled dates see calendar. To register or get further information about these programs, please contact Ruth Knight at (617) 497-6263.

Santa Monica, CA

Swamiji makes occasional visits to the Santa Monica Center during the year. Ongoing programs held on Wednesday (7:30 p.m.) and Saturday (7:30 a.m.) feature meditation and a taped talk by Swamiji. For further details, please contact Kristin Kreiger at (213) 828-7389.

Ann Arbor, MI

The Center presents weekly programs on Monday and Thursday evenings that include instruction in hatha yoga and meditation, and a monthly Sunday morning program followed by brunch. For more information, please contact Gunnar Anderson at (313) 663-0548 (H) or 663-1910 (W).

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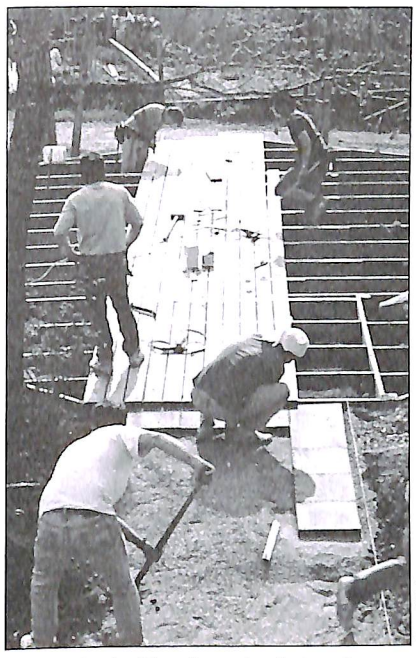
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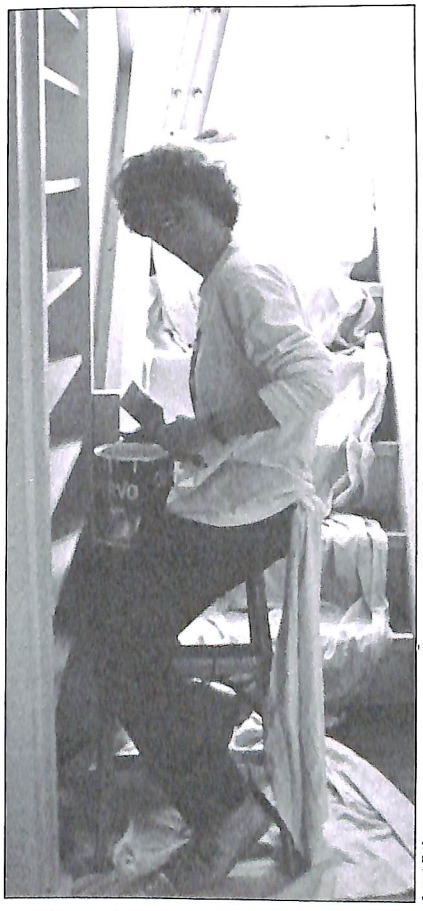
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If you have any questions please call Sharon Ward (617) 497-6263
Friends, Nityananda Institute, Inc. P.O. Box 1973, Cambridge, MA 02238



Lani Baker

Team effort builds a fine cedar deck at the Vineyard retreat house



Lani Baker

Gayle Joyce brightening the shoe shelves at L'Hermitage

SHORT TAKES

APPLAUSE

Congratulations to the staff of **Rudra Press** on the selection of *The Breath of God* and *Lilias! Alive with Yoga, Volume 2* as finalists for the annual Benjamin Franklin award of the Publishers Marketing Association in the categories of Religion/Spirituality Books and Best Video, respectively. • A special thanks to **Tom and Daksha Jackson** and **Sherri Mundell** for hosting twelve people during a Vermont ski-weekend fundraiser in March. **Nate and Camilla England** and other members of the Cambridge "Events Committee" did a great job organizing the getaway, and **Tim and Corinne Hickey** kindly lent their van. • **Margi Pos** and her group gave a wonderful jazz concert on May 5 to benefit the Translations Project. • A special guided tour of Boston's Arnold Arboretum at the height of lilac season raised funds for the Translations Project in late May. **Corinne Hickey** did a super job of arranging this very nice event. • Hugs and backrubs to the many hardworking people who fixed up and planted our retreat center, L'Hermitage, for another season. Our special appreciation to **Rick Dyer, Scott Hanley, Jim Brissette**, and, not least, **Lani Baker** for their dedicated contributions. • **Sandy Beehler** deserves a medal for her enormous effort in growing and planting the Institute's gardens. • At the last few retreats, the **Ann Arbor Center** has presented a rainbow of beautiful malas (devotional necklaces) for sale at the book table. Center members meet weekly to create the malas as a service fundraiser for the Institute. Thank you, Ann Arbor! • Congratulations to **Terri Leonard** of Ann Arbor, named March Employee of the Month by the University of Michigan Hospitals. • Best wishes to **Sherri Mundell** and **John Sulahian**, who were married at the Cambridge Center in June. • **Jane Fisher** presented a stunning voice recital at the Boston Conservatory on April 9. Jane, who studied at the Indiana University School of Music, resumed voice studies two years ago after a long break to pursue a business career. She sang in the Boston Lyric Opera Company's *Dialogues des Carmelites* and had the title role in a June production of *Suor Angelica*. • **Dr. Kamalakar Mishra**, a professor of Kashmir Shaivism at Benares Hindu University, presented a lecture at the Cambridge Center in late June as part of the Translations Project. • **Gary Kraftsow**, a hatha yoga instructor in the Desikachar tradition, visited Cambridge in early May. His teachers' class and individual instruction were very well received.

ARRIVALS

Welcome to **Gayle Joyce**, who moved to Cambridge from Ann Arbor, Michigan in January. Gayle is a typesetter with Rudra Press. • The Cambridge center also welcomes **Paul and Kathy Obringer**, who relocated from the Washington, D.C. area in March, along with **Neal** and **Jason**. Paul is working with Productivity Press as Manager of Special Sales with Productivity Press, and Jason is working with Rudi's. They are expecting a new family member in August. • **Nelli and Jon George** had a baby boy, **Rami** on July 3 — a brother for **Leila**. • **Akana Ma and Sara Grigsby** will be moving to Cambridge from Washington, D.C. at the end of July. Sara has been admitted to Harvard Business School for fall 1990. • **Daniel Verney**, who returned to Paris with his wife, **Annick**, last fall, visited the Cambridge center for several weeks in April. • **Lynne, Jordan, Amalia, and Adam Shifriss** are moving to Bloomington, Indiana this summer, where Jordan will be teaching with Harmony School. • **Roseann Hebeler Brown**, husband Peter, and two sons are moving to Ann Arbor from Grosse Isle, Michigan.

WORK-IN-THE-WORLD

Diane Asay is a book series editor with Productivity Press. • **Barry Shulak**, author of several fine pieces for *Rudra*, is editing books and the house newsletter at Productivity Press. • **Norman Bodek** of Productivity, Inc. recently spent several weeks in Europe and the U.K. to visit manufacturing and publishing companies and gather information related to the 1992 unification of the European Economic Community. • **Lisa Hoberg** has joined the veterinary practice of Dr. Richard Kearns. • **Jan LaRue** began a new job as a trademark attorney with Digital Equipment Corporation in May. Jan teaches hatha yoga at the Institute in Cambridge. • **Ed Rosen** (Ann Arbor) is operating "Ed's Breads" out of his home, and hopes to have a separate bakery location soon. His customers include some of the best restaurants in the county. • **Leslee Niethammer** (Ann Arbor) is the manager of the Saline (Michigan) Public Library. • **Charlotte Whitney** (Ann Arbor) will be publishing her second book soon. • **Sonia Smith** (Santa Monica) is working with Chakrapani Ullal.

STUDIES

Sarah Mocas has completed her Masters degree in computer science at Northeastern University and is continuing her work toward a Ph.D. • **Rachel Gaffney** just finished an MBA at Harvard and is beginning a private consulting practice in Cambridge. • **Linda Barnes** has completed her general exams toward her Ph.D. degree at the Harvard Arts and Sciences College. • **Karen Kreiger** graduated from Barnard College in May. • Recent high school graduates include **Arwin Butler**, daughter of **Laura and Tom Butler** (Ann Arbor), and **Jason Obringer**, son of **Kathy and Paul Obringer**. • **Rebecca Reese** will begin medical school at Tufts University in the fall. • **Andrew Davidson** completed pre-med studies at Harvard Extension in May. • **Terri Spencer** is also in the pre-med program. • **Daniel Spencer** is studying for his electrician's license at Wentworth Institute. • **Bill Asay** has completed his first year of law school at Suffolk University, and **Andrew Bonner** his second. • **Cecilia Littleton** will begin law school at Boston College in the fall. • **Lynette Ward** is enrolled at Emerson College, studying communications. **James Rolwing** will begin mass communications studies at Emerson in the fall. • **Laura Santi** and **Julie Zinkus** are enrolled in the New England School of Acupuncture. • **Liz Wilenitz Sutherland** is studying biopsychology at Tufts University.

If you have people-news you'd like to share with others in the Institute community, please contact Karen Jones at (617) 497-5146.

TENDING THE FLAME: THE TRANSLATIONS PROJECT NEEDS YOUR HELP!

This issue of the *News* focuses on the Institute's Translations Project. Our practice at the Institute draws from a tradition of Shaivite thought, a profound, monistic philosophy developed several thousand years ago in the mountains of Kashmir. Although the importance of this tradition is recognized by a growing number of Western scholars, only a handful of the important texts have been translated from the Sanskrit to Western languages.

Through the Translations Project, we hope to preserve the significant texts of this tradition and make them available and meaningful to a broader Western audience. We are extremely pleased to have Dr. Sunthar Visuvalingam joining us this fall to direct and coordinate the project. Dr. and Mrs. Rastogi, who are also visiting this fall, are doing some very fine work for us, as are several pandits at Benares Hindu University already working under Swamiji's direction, with manuscripts slated for completion by the end of the year.

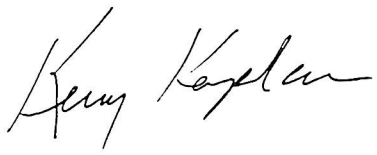
It's very exciting to see this project becoming a reality. There is a lot to do. Our only limitation is the dollars to do it with.

For this year alone, we will need $76,000 to cover compensation for the project director and visiting scholars, travel to meet with scholars in India, and expenses of publishing one text. To simple people like us, that's a lot of clams.

It has always been an important policy at the Institute to make our many programs available to the interested public free or for a modest fee. As important as the Translations Project is, we are reluctant to alter our fee structure to raise the funds we will need for it. We're counting on you, our Friends, to support this choice by voting with your wallet and to the extent you can, contributing something more than you think is "enough" — even if you have already made a pledge for the year. Your generous financial contributions are so vital to maintaining and increasing the momentum we have achieved so far in this project and in the many other programs we provide to people of all means.

This is indeed an exciting time for the Translations Project and all the Institute's programs. I invite you to join me in making a significant gift to this exciting project.

Sincerely,



Kerry Kaplan
1989 Campaign Chairman

INSTITUTE NEWS

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